

# Seniors Week June 5-11



## Monday, June 5<sup>th</sup>

### **Seniors' Strawberry Tea → 1:00pm - 3:00pm @ MCHC (Main Entrance)**

Manning Community Health Centre residents and staff invite you to enjoy the Seniors' Strawberry Tea with local entertainment. Fee: \$5.00 – Strawberry Shortcake & Coffee or Tea

## Tuesday, June 6<sup>th</sup>

### **Technology Petting Zoo → 1-3 pm Tuesday June 6 @ Adult Learning Centre**

Come into the Manning Adult Learning Centre to ask questions and play with technology. Bring your iPhones, tablets and lap tops and we will help you answer basic questions.

## Wednesday, June 7<sup>th</sup>

### **Movement Exercise: → 2:00 pm Drop in Exercise class @ Senior's Star Center**

Health Promotions will team up with Home Care to chat about how to get up from a fall and falls prevention. Followed by the quick info session there will be a drop in purposeful movement exercise class.

### **Dixonville Coffee & Treat Time " 9:00am-6:00pm @ The Dixonville Store**

Drop in at the Dixonville Store for a FREE coffee and a treat – sponsored by the County of Northern Lights.

## Thursday, June 8<sup>th</sup>

### **Bingorama @ Del Air Lodge → 1:00pm sponsored by Royal Purple**

All seniors in the community are welcome to join us for an afternoon of Bingo at the Lodge & stay for refreshments and a visit after!

**Seniors Dance → 8:00 – 12:00 pm @ Legion Hall.** Senior's Week will feature Manning's first Senior's Dance. Come out for an evening of laughter and dancing and reap the physical and mental health benefits that dancing provides. Snacks, coffee and tea will be provided.

## Friday, June 9<sup>th</sup>

**Manning Farmers' Market (Legion Hall) → 10:00am-1:00pm** - Stop by for a coffee!

**Manning Municipal Library:** Drop by for a visit, refreshments & snacks. → 10:00am-6:00pm  
Enter your name in for the Seniors' Week Draw (Draw is available throughout the week)



Del Air Lodge

